

Volume 24, Issue 7-December 13, 2002

University of Alaska Southeast

# The Whalesong

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### Best-selling Alaskan author spends time with students

By Sean Smith  
Whalesong Staff  
and Sarah Carter  
Whalesong Contributor

Fairbanks author Velma Wallis thought she might have exposed too much of her family's secrets in her newest book, *"Raising Ourselves Memoir."* Much to her surprise her family enjoyed the book, as did a number of other people, seeing that the book is already in its second printing.

Wallis, best-selling and award winning author spent Dec. 4 on campus speaking to students and signing her books. The author of, *"Two Old Women," "Bird Girl,"* and the recently released, *"Raising Ourselves Memoir,"* took time from her constant touring schedule to spend the day indulged in campus life.

Wallis also had a book signing open to the public and spoke at the Evening at Egan series during a special Thursday night edition.

English professor Don Cecil spoke of her visit as: "... great to see that UAS is now getting the well known authors to come visit like the bigger schools from down south."

Wallis, with a lot of help from her brother, released *"Two Old Women"* in 1993, which catapulted her into a life much different from the one she had been living. After growing up in a subsistence based village of Fort Yukon, Wallis got the idea for the book from her mother who was passing down stories



Fairbanks-based author Velma Wallis spoke to many UAS classes during her campus visit on Dec. 4.

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### UAS student joins Olympic Training Center

By Scott Foster  
Whalesong Contributor

Jeff Donaldson, a UAS junior from Juneau, has been hired as a resident mechanic at the Olympic Training Center in Colorado Springs, Colo. "That means I'm going to service all the racers for USA Cycling's racing teams that are Olympic Training Center residents," Donaldson said.

Donaldson left Juneau after graduating from Juneau Douglas High School in 1994. "I had that must-get-out-of-Juneau syndrome," he said. After six years working as a bike mechanic in a shop and surfing on the East Coast, Donaldson returned to Juneau and started at UAS. "I got tired of being down South," he said, "and I like Juneau."

Donaldson is a communications major with an English emphasis. "The campus has been real accommodating," he said. "It's been real easy to get back into the swing of things."

He speaks highly of campus faculty. "Juneau has a lot of really talented teachers," he said and particularly praised the math faculty.

"I was just dropping out of math in high school," he said. "At UAS, faculty explained things in a way you can understand. It's just great."

Accepting the new job at the Olympic Training Center means Donaldson will leave school. "An opportunity like this you can't blink at," he said. "It's so rare to be offered a job like this." Donaldson said he will complete his college degree.

Donaldson became certified as a Professional Race Mechanic last January. This summer he worked as a mechanic with the national team when they went to

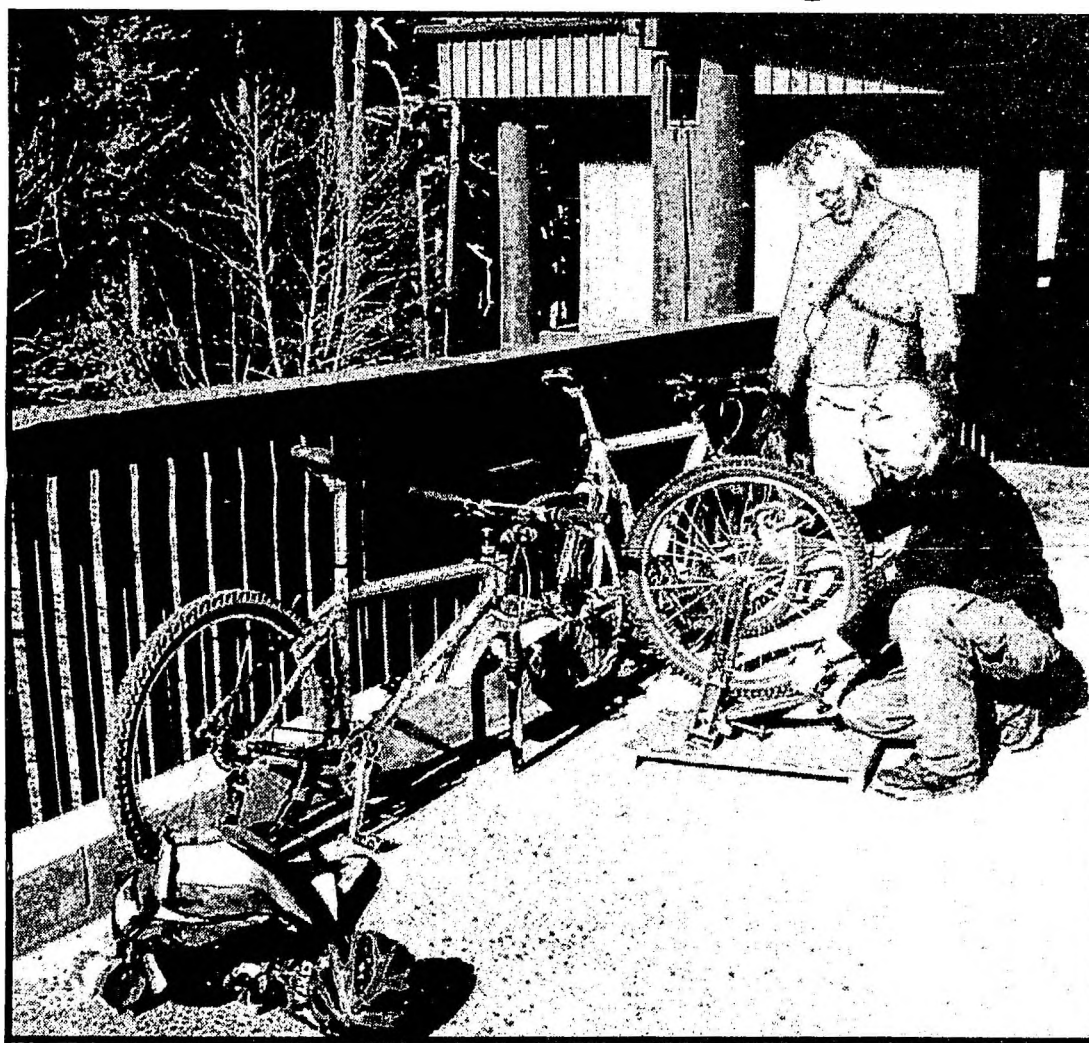


Photo by Scott Foster

Jeff Donaldson (kneeling) eagerly shares his bike mechanic expertise.

China and was later offered a permanent job.

"Officially, I'm a mechanic," Donaldson says of his new job. "I stay up all night fixing broken things. I have my wrenches, and I make sure the racers' bikes don't break. If they do I make sure they get fixed quickly." The bikes he works on may cost as much as \$15,000.

Donaldson also said he helps give moral support to the racers, and he will get a coach's license "so I can give advice to panicking athletes on the night before a race."

The newly hired bike mechanic knows more than the nuts and bolts. "I'm a racer," he says, "but I'm not an elite racer." As a mechanic, Donaldson may travel to Moscow, Australia, Cuba and Mexico. His position is for one year. "We'll see what happens after that," he said.



# EDITORIAL & OPINION

## The Whalesong

The student voice  
of UAS

**Editor-in-Chief**  
Eric Morrison

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Virginie Duverger

**Production Manager**  
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**Photographs/Soundings**

Scott Foster

**Adviser**  
Kirk McAllister

**Technical Consultants**

Greg Cohen  
Dave Klein

**Printing**  
Juneau Empire

**Whalesong Artwork**

John Attebury  
Sarah Asper-Smith



Website:

www.uas.alaska.edu/whalesong/

E-mail: jvw@uas.alaska.edu

Mail: The Whalesong

11120 Glacier Highway

Juneau, AK 99801

Newsroom: 102 Mourant Bldg.

Phone: (907) 465-6434

Fax: (907) 465-6399

The University of Alaska Southeast student newspaper, *The Whalesong*, is a free bi-monthly publication with a circulation of 1000 copies per issue. The Whalesong's primary audience includes students, faculty, staff, and community members.

*The Whalesong* will strive to inform and entertain its readers, analyze and provide commentary on the news, and serve as a public forum for the free exchange of ideas.

The staff of *The Whalesong* values freedom of expression and encourages reader response. *The Whalesong* editorial staff assumes no responsibility for the content of material. The views and opinions contained in this paper in no way represent the University of Alaska, and reflect only those of the author(s).

## What students are doing over the holidays

By Charles Lindley  
Whalesong Contributor

While some UAS students are planning to return home or go on vacation, others are looking forward to (or dreading) a Christmas spent away from hearth, home, and family. The residents of apartment G-5 could offer insight into the life of an undergraduate student in Alaska.

Take Student Senator Jeff Quick (also known as Q), who recently married the former Miss Sulie Croan. They're going on their honeymoon over the Christmas break before moving to Orange County, Calif. in the spring. The Quicks will be on a tropical cruise through the Caribbean and spend their first Christmas together, far away from both their families.

Fewer may know of the newest addition to the G-5 family, Jeremy Josiah Johnson (a.k.a. J-cubed). Johnson is originally from Kentucky but has made quite a home for himself here in Juneau. He's worked at Rainbow Foods for the past five months and is becoming a familiar sight for those students seeking to eat organic foods.

"This is my first Christmas away from family, but I am looking forward to celebrating a new friend's birthday," Johnson said.

Now we come to Dambo Daniel Sakala, D-squared, who will be traveling first to the "Deep South" to visit Georgia, before continuing on to Kent, England to be with some of his family. This is Sakala's second Christmas since he left Zambia to attend UAS and this will be his first trip outside of Alaska since his arrival in the United States back in August of 2001.

While some students plan to leave UAS only for the break, others will be absent for much longer. Student Senator Micah Nelson will be traveling to Sweden to spend a semester abroad for the spring of 2003. Katie Tripp will be leaving any day now for Wyoming to take care of family business and looks

forward to seeing her boyfriend again (whom she met here last year).

"It's been great but you never know what's going to come up next," said Tripp when asked about her experience here at UAS. Some students don't want to leave Juneau for the break.

Natalie Taylor has realized the monetary benefits of remaining here, and working full time without having to worry about school. She plans on making some extra cash instead of going home to Prince of Wales Island.

And what about those students who grew up here in Juneau or those whose family lives here now, what will their plans entail? Some are counting on visiting friends and relatives in the Lower 48, such as Pat Tyner, who grew up in Juneau and his mom still lives here.

"I'm going to go down to Washington to fish steelhead with my Dad," Tyner said.

Others are looking forward to a vacation of other sorts. Jessica Lorenz is looking forward to seeing returning friends attending school out of state, reading a good book and desires to go snowshoeing, cross-country skiing and snow machining.

Wherever you plan on spending your holidays, make it the best. So from J, D<sup>2</sup>, Q, and C<sup>4</sup> (myself, Charles Daniel Lindley, IV, thus the C<sup>4</sup>), which equals the whole G-5 family, have a Merry Christmas!



## Mentor program: bring out the kid in you

By Jeff Myers  
Student Housing Residence Hall Coordinator

Part of being away at college is the experience of being away from your family. For some of us this is a godsend and for others it's a bit of a tragedy. For myself, while I was definitely glad to be on my own, I missed having my younger siblings around. Yes, they definitely could be annoying and there were times I really didn't like them too much, such as the time when they cut off part of my eyebrow while I was sleeping, but overall, I missed them a lot while at college. That's when someone brought to my attention a mentor program.

Being a mentor meant being part of a young child's life. It meant helping them with their homework, answering their questions, playing dolls or cars, and just having a good time. It didn't mean that I was a part of their family, that I had to baby-sit them, or that I was expected to put my life on hold. It was one of the best experiences of my college life.

And now, I would like to bring that experience here. I am starting a new potential club to help anyone interested in being a

mentor. This club will meet once a week after school (the day has not been set yet) next semester for about two hours. The kids will be brought to housing and each child will be paired up with a student. This is a chance for you to do something good for a child out there that needs it, a chance for you to act like a kid and not take yourself so seriously, and a chance to make a difference. As corny as this sounds, it's true, you will make a difference. When I was a mentor, I had two different children I worked with, and I know personally that they are better off for the experience, if no other reason than to have an adult care about them.

If you are interested in becoming a mentor in this organization, you need to fill out an application. You can either get this from myself, or from the student housing lodge desk. We will be starting next semester with a meeting to discuss how the group is going to work, and the next week the kids will be up here. Let me thank you all for taking the time to read this, and also for all of you that are willing to help.

### Letters to the Editor

The Whalesong gladly accepts letters to the editor. Letters may not exceed 300 words, and may be edited for length, clarity, and grammar. Letters must be signed and include a means of contact for verification. Send your letters to 11120 Glacier Highway, Juneau, AK 99801, whalesong@uas.alaska.edu, by fax to (907) 465-6399, or bring them to Room 102, Mourant Bldg.

## Soiree will celebrate new building, raise money for students

By Emily Wescott  
Whalesong Contributor

The UAS Winter Scholarship Soiree on Friday, Jan. 11, will celebrate the opening of the new Egan Library classroom addition and help raise money for student scholarships. Similar to the Tuxedo Junction event of years past, the fundraiser will highlight three bands and include dancing, comedy and Monte Carlo-style gaming.

"This is a great opportunity for people in the community to see the new building and have an enjoyable, entertaining evening," said UAS Chancellor John Pugh. "Guests will have the chance to give to the students of the university through a scholarship fund and enjoy themselves."

The Scholarship Soiree has now replaced Tuxedo Junction, and because Tuxedo Junction was held elsewhere in past years, the 2002 Soiree marks the first time since 1987 that alcohol will be served on the UAS campus.

Tish Griffin Satre, UAS director of activities and housing, was first involved with the yearly Tuxedo Junction scholarship fund-raising event as bathroom security.

"I thought, what am I looking for?" Griffin Satre said. Tuxedo Junction "was not an event that ever

caused concern. Even though alcohol is available, we rarely see (guests) overindulge. People are making a conscious choice to drink responsibly."

When Marshall Lind became chancellor of UAS in 1987, he banned alcohol at university events held on the campus. According to Griffin Satre, alcohol was allowed on campus before then, when the average age of the student was about 35.

"It's different on campus now, but this is not a student event," Griffin Satre said. "We're planning an all-age event at the Student Activities Center that night."

UAS is taking every precaution to make the Soiree as safe as possible for all involved. Only beer and wine will be served, there will be non-alcoholic drinks available and the espresso bar will be open. Cab companies have been alerted of the event, and there will be security at every door.

"The focus of the event is not alcohol," Griffin Satre said. "Guests will be there to support a cause, dance and enjoy music. Alcohol is secondary; we will contract with a local vendor and they take the liability of alcohol sales on campus that evening."

Griffin Satre referred to a lawsuit that was settled out of court several weeks ago in which an estate sued the bar and liquor store that allegedly sold alcohol to Michael Glaser on April 19, 2000. According to the Juneau Empire article of Nov. 15, 2002, "Macaulay estate gets settlement." Glaser drove drunk and struck a vehicle, killing two men and seriously injuring another.

The settlement "sends a loud message to whomever is serving," Griffin Satre said. "People are highly conscious of potential legal and social ramifications. We want people to make responsible choices about their alcohol use, and we'll do everything we can to help them make good choices that evening."

## UAS professors and students are London bound

By Sean Smith  
Whalesong Staff

Can you imagine yourself studying monsters, ghost and goblins in one of the most historic cities in the world? Susan Koester and Alexis Easley will be doing just that when they travel to London, England, to be guest professors this coming spring semester.

The international exchange program offered by AHA International has backings from northwestern schools that participate and offer exchange programs to students. This program is one of those opportunities. For those interested in studying abroad, there are booklets explaining the trip and program requirements that could get you out of the cold and into a new culture.

The opportunity is "really experimental," Easley said about the fieldwork she has planned for the March 30 to June 13 spring semester. "It should be a part of every undergraduate's college experience."

Koester and Easley will be guest professors for classes that will be held in the Bloomsbury area of central London, giving students access to the heart of the British culture. Koester will be teaching "From Page to Stage: The Oral Interpretation of British Literature," and Easley will be providing a course in "Ghosts and Monsters in 19th Century British Literature." Other areas of study will be London Theatre, Victorian Art and Architecture, and The New Europe that will be given by London professors experienced with exchange students.

Those who are interested in the opportunity to travel abroad in any exchange program are urged to speak with Elizabeth Schelle, the Global Connections advisor, as well as checking the web site at [aha-intl.org](http://aha-intl.org). It is important to know that there is still time to apply, but time is running out.

## Literary journal deadline extended to January 17

By Clarissa Pentecost  
Whalesong Contributor

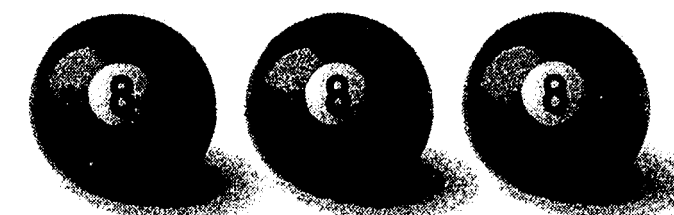
*Tidal Echoes*, the new UAS literary journal, will feature original works of creative writing, artwork, and photography by UAS students. The journal begins production during the Spring 2003 semester and is now accepting submissions of student poetry, fiction, essays, and artwork until January 17, 2003. Please note that this is an extended deadline.

Submissions must be received by email as a Microsoft Word text file or through the mail on disk. Prose pieces should be limited to fifteen pages and there is a limit of 5 poems per student. Art work and photography is accepted in any form. Further submission guidelines are posted in the main office of the Soboleff building.

*Tidal Echoes* is also on a search for two student editors and will be accepting applications for these positions until December 16, 2002. Position guidelines are also posted in the main office of the Soboleff Building or interested students can contact Alexis Easley at 465-6415 or Clarissa Pentecost at 209-2825 for more information on submitting to the journal or applying for editorship. The English Club encourages all aspiring writers, artists, photographers, and editors to come and get involved with the production of *Tidal Echoes*!

The UAS English Club wishes to congratulate Sarah Carter for her winning journal title entry: *Tidal Echoes*. Sarah's entry was chosen after the club reviewed over 25 potential titles.

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impair your  
game...



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# FEATURES

## Native and Rural Center and Wooh.een end a great semester

By Jenni Hotch  
Whalesong Contributor

The Native and Rural Center and Wooh.een have plenty to be proud of. During the past couple of months, our students have helped organize the following events, and participated in most of them: The Alaska Federation of Natives Convention in Anchorage; Native American Heritage month activities at UAS; the Early Scholars class taught by Hans Chester; the Day of Caring; the Tlingit & Haida elders fitness group; the Alaska Native Brotherhood & Sisterhood Grand Camp Convention, and the installation of Wooh.een officers.

I would also like to take the time to thank the PITAS program. Rhonda Hickok and Nancy DeCherney of the PEC (Professional Education Center) have offered us so much support throughout the semester. They have funded many of the programs that Wooh.een has hosted. Without their help, we would not have been able to show the film, *The Business of Fancy Dancing* at the SAC, or enjoy the catered buffets provided by the cafeteria crew. Also, with support from PITAS we were able to send students to the ANB & ANS Grand Camp convention in Hoonah for the first time to speak about UAS. We appreciate your support!

Next semester's calendar is starting to fill up already. For spring semester, we will hold a thank you dinner for the people and organizations that helped send our students to the AFN convention. We will also celebrate Elizabeth Peratrovich Day on February 16 at UAS, to honor our Alaska Native civil rights leader, something that Wooh.een organizes every year as a way to pay our respects to such a fine leader.

We are all exhausted and looking forward to a rejuvenating Winter Break. After the break, Wooh.een members would also like to invite other UAS students to assist with our activities next semester. Please feel free to stop by the Native and Rural Student Center any time with ideas, suggestions, and help. What makes our programs successful is to have people pitching in and helping.

Recently, many individuals helped us organize events for Native American Heritage month. I would like to thank Professor Dan Monteith, Professor Jim Hale, and Tlingit elder Rosa Miller, who all helped with different events during the month. We also owe Janice Jackson a lot of credit. Her first semester has been a great success. Without her being there prompting us to take charge and keep us on track we would have lost our way. Thank you!

Wooh.een has had a fun and busy semester. We couldn't have done it without everyone's help. Have a fun vacation, see you spring semester.



Photo courtesy of Janice Jackson  
PITAS students take a break during the busy fall semester.

## An honest look at eating disorders

By Michele Harman,  
UAS Counselor

*"I am a work in progress" (a quote by Ani DeFranco)*

If you think you don't know anyone with anorexia or bulimia, think again. These problems are common among females (and less often, males) on college campuses. Anorexia and bulimia are struggled with in secret and the person feels alone and helpless. Living in close proximity to the sufferer may give friends and family an inclination that something is wrong, however, their behavior with food and weight changes are sometimes ignored or rationalized. Often, it takes a crisis for the person to own up to what they are doing to themselves, and to give a name to their problem: bulimia and anorexia.

According to the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders (or DSM-IV-TR) anorexia and bulimia have many common features. The hallmark of these disorders is extreme concern with thinness and weight. This is accompanied by an obsession with body size and shape, and a distorted negative image of themselves. Their relationship with food is very disturbed. Anorexics and bulimics engage in peculiar behavior with food and eating. There is a high rate of depression among these groups. The relationships in the family of these women are usually impaired, and weight and appearance are heavily emphasized.

What is the difference between anorexia and bulimia?

Anorexics fall into two categories. Both have obtained a significant percentage of weight loss from their pre-eating disorder weight. The **restricting type** of anorexic has achieved weight loss through dieting, fasting, excessive exercise. During this period of the disorder they have not engaged in binge eating or purging. The **binge eating or purging type** has also achieved the same weight loss, but does engage in binge eating and purging. (DSM-IV-TR)

**Bulimics** may be of "normal" or higher than average weight, but they are distinguished into categories based upon whether they purge or not. (DSM-IV-TR)

**What is a binge? What is a purge?**

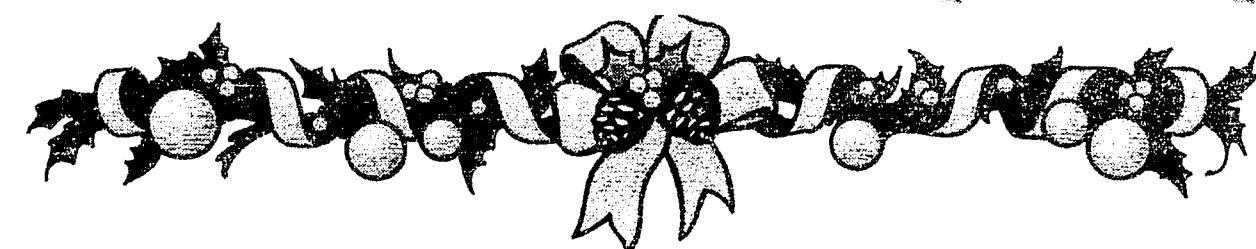
Try to describe the sensation of a roller coaster ride, to some one who has never been to an amusement park, and that is what it's like to try to describe the experience of bingeing or purging. Not that it's nearly as much fun.

Bingeing is the act of consuming a large amount of food in a very short period of time. (DSM-IV-TR) It is like entering into a fog, where time and space are experienced differently than normal. It is as if the brain shuts off, and the individual is compelled and unable to resist the act of bingeing. After a binge, a woman may not be able to recall what happened with clarity, or how much food she's eaten.

Purging is an act of desperation to undo the binge. It is an equally driven act, and can be virtually impos-

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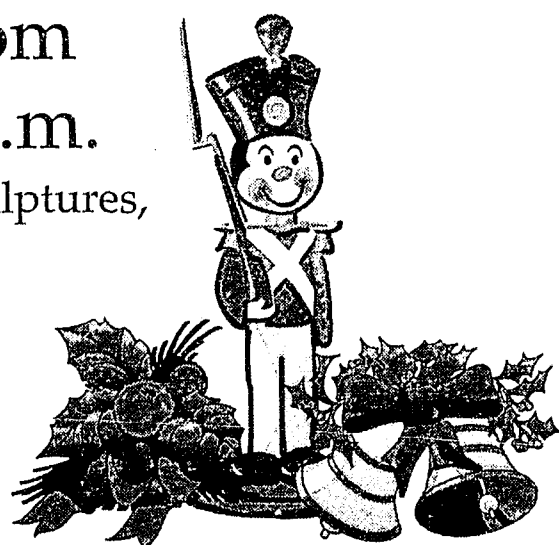
## Chancellor's Holiday Party



All are invited, please join us  
**Thursday, December 12**

in the Lake Room  
from 3:00-5:00 p.m.

for lovely food, punch, ice sculptures,  
music, holiday cheer  
and fun  
student-made  
gingerbread  
houses.



## Eating continued from page 4

sible to control at first. People purge in very dangerous ways: vomiting, water pills, laxatives, excessive exercising.

With time, anorexics and bulimics are consumed by the demands of their disorders to the point where everything else in life becomes irrelevant. Sleep is sometimes the only break from the mental torture they experience. Life becomes very small, and the genius and beauty that was possible for their lives dwindles and dies. According to the DSM-IV-TR, 10 percent of anorexics will die.

**What Causes Eating Disorders?**

According to the DSM-IV-TR, both disorders are prevalent in industrialized societies where there is an abundance of food, and where attractiveness is linked to thinness. Very few studies have examined the prevalence of these disorders among other cultures. Anecdotal, it does appear that very few women of color present for treatment for these disorders, although that does not mean they don't experience these problems. Although most women in western culture experience the pressure to be thin in varying degrees, not every woman develops an eating disorder. Despite exposure to similar social imperatives to be thin, it cannot be that

"white-western culture" creates Anorexia or bulimia by itself. There are many other biological, psychological, and familial issues that add to the mix to develop and eating disorder. It is our cultural hatred of FAT that fertilizes the soil around the seeds of the disorder. This hatred of fat becomes the hatred of SELF for both disorders, in which suicidal thinking and desperate measures are common.

In agreement with many great thinkers on the causes of eating disorders, the common denominator tends to be an initial significant weight loss through deprivation DIETING. Until the diet happens, I have never encountered a woman with an eating disorder. So despite many other contributing factors, women typically do not develop an eating problem until they DIET. That is the nasty four-letter word among those in recovery and who treat the disorder.

An individual's biology and psychology also affect the development of an eating disorder. It has been found that there is a high rate of depression and alcoholism among family members of the anorexic or bulimic. There is also a high rate of depression among the women with these disorders. Depression and alcohol-

Continued on page 7

## The end of semester in photos

Photos by Scott Foster



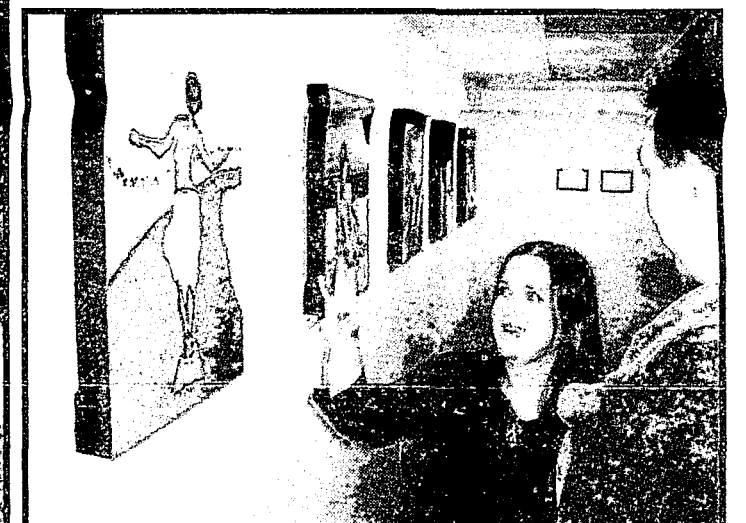
Sahra Clark helps bring holiday cheer to Student Activities.



Freshman Socorro Tejeda from Mexico taking advantage of the free massage provided by Student Government as a way to cope with StressWeek.



Scenic from campus with ducks on the lake and 4,228 foot Mt. McGinnis in the background.



UAS Librarian Elise Tomlinson was one of those showing their art at Juneau's Gallery Walk. Her show is in the Juneau Arts and Humanities Council Gallery on Franklin Street.



Thanks to the UAS Parents' Club, Santa Claus visited campus on Dec 11.



UAS math professor Tom Harman and Michele Harman, Student Services Counselor, brought their son for his first visit with Santa.

## Eating disorder?

On Campus support group

For those who are driven to be thin, binge eat, diet,

exercise too much, hate their bodies, purge, and feel depressed about it.

Is it time for a change?

Every Friday  
starting  
Date: 1/24/03

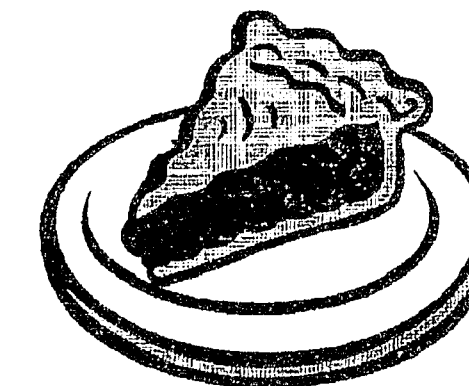
Time: 11:45-1:00

Location to be announced  
soon!

It's free for UAS students...

Please call Michele Harman  
at 465-1298 or sign up at the  
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Change happens when it hurts  
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# People & Entertainment

## Interview with mystery writer John Straley

By Tom Doran  
Whalesong Contributor

Alaskan mystery writer John Straley is the author of six books in print. John's first book, *"The Woman Who Married A Bear"* won a "Shamus Award" in 1996. His series follows the adventures of Alaskan private detective Cecil Younger. Straley grew up in the Seattle area and went to high school in New York City. He spent summers in Eastern Washington and worked in the Pasayten Wilderness in Eastern Washington. He graduated from the University of Washington in 1977 and now lives in Sitka with his wife Janice, a marine biologist, and their son Finn. He writes and also runs a private investigation business. Although he is dyslexic and a terrible speller, he writes two thousand words a day. His latest book, *"Cold Water Burning,"* was one of five books nominated for best mystery of the year. Join us for an interview with Alaskan author John Straley.

### How did you wind up in Alaska?

I was working in Eastern Washington as a horse shoer and also working in a sawmill. I was also trying to write a book of poetry. In 1977 my wife got a job in Sitka for the Fish and Wildlife Service. It surprised me when she came up here for the job, but she did. She had always wanted to come to Alaska.

**What is the best advice you would give to people who want to be writers?** Finish the things you start and keep reading-and read widely, lots of different things. It always makes me bristle when somebody says they want to be a writer but then says "I don't read mysteries," or "I never read science fiction," "or mainstream fiction." I think you should read as much as you can; see how successful books work. By successful I mean books that you read and get lost in. Then try to emulate that. Keep writing no matter what.

**How long does it take to write a book and what are the steps for doing a book project?**

For my novels, first there is a lot of "staring out the window time." Then there is reading and research time and that can take anywhere from a few months to a lifetime. Once I actually get started writing, I spend a little time on a vague outline: plot points and things I want in the story, but the outline is not really set in stone. I'll start in on a rough draft and write two thousand words a day, straight through five days a week. I just work it like a regular job. By the end of about four months I have a rough draft of a book of about a hundred thousand words or so. Then it takes about three times as long to do the revision on that. So, if the rough draft takes three months it will take me at least nine months to revise it.

**Would you like to publish a book of your poems?**

Oh sure! I'm sending my poems around more and I'm writing more. I enjoy that; I don't have any illusions about being accepted as a poet. I write poetry because I love it, and I write it for friends and family members.

**What's the best or worst thing that happened while you were writing a book?**

You know, I'm not really sure. I mean there's always something. The best thing was that acceptance letter or the phone call that I got from Soho Press, that they

wanted to publish my work. That was by far the best feeling in the world. As far as worst times, I suppose that came with my second book. I had sent the manuscript for *"The Curious Always Eat Themselves"* to my editor expecting that he would see that I was this new young genius. My editor sent it back and told me it had to be totally redone, reworked. That was probably the worst day. I've learned that no matter how much success I've had, there is never a clear road ahead. There are always obstacles coming up: problems with editors, difference of opinions, there are always challenges no matter how famous you think you've become. **When you write a new book what kind of research do you do?**

That all depends, like *"Death and the Language of Happiness"* had a lot of historical research. If I'm writing a scene I try to go to any place I write about. So when Cecil goes to different places I like to travel to them and I take notes. I take snapshots. I'll go to the library and look in phone books to see what people's names are like there. You can tell a lot by that. I'll go to the courthouse and just wander around. Look at the police station and try to get a sense of and a feel of what the town is like.

**Do you write at a certain time every day?**

Writing is my job now and I write, pretty much nine to five, taking time out for family chores and exercise.

**How did you go about finding a publisher?**

It was just a matter of luck, really. I have written several books that didn't get published. When I finished *"The Woman Who Married a Bear"* back in 1991, I just sent it to one publisher that I had heard was looking for new crime fiction. By chance they were interested in crime fiction from far-flung places. They took it and promoted it and did a really great job. Finding a publisher is more a matter of having your very best work ready to go when your opportunity or good luck comes to you. That's why you have to keep writing and finishing things.

**Do you ever get totally disgusted while writing and just want to give up, but keep on plugging?**

I get down hearted sometimes about the business of writing, but the opportunity to come sit in my office and work in this imaginary world is such a privilege that the down times are short. Like anything else it has its ups and downs but I haven't found anything else to beat it yet.

**Visit John Straley online at:**  
<http://www.johnstraley.com>

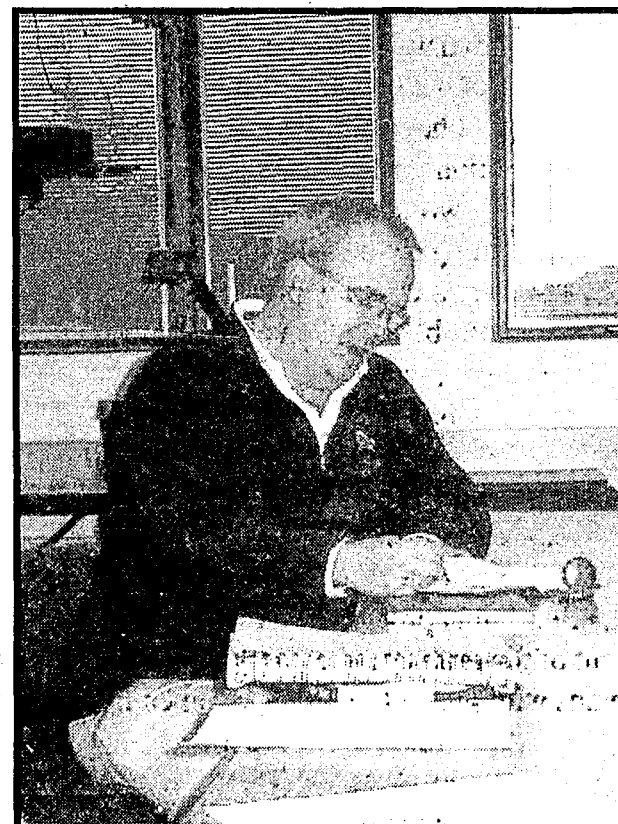


Photo by Kim Porter

John Straley follows his own advice to aspiring writers: read as much as you can.

## Preview

Friday, December 13 -

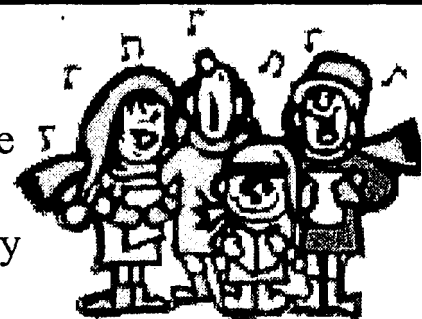
CANstruction contest, 1:30 p.m.

All food donated to SE Alaska Food Bank  
To help construct, see Sahra or Mark at Student  
Government office or call 465-6528

Saturday, December 14-

All singing voices are welcome at the  
Holiday Community Caroling  
Hot cider, mandarin cookies and figgy  
pudding will be served.

Meet promptly at 4 p.m. at the Juneau-  
Douglas City Museum  
For more information call 586-3572.



The Whalesong  
wishes everyone a happy  
winter break!



## Eating continued from page 5

ism have been found to run in families, and despite the debate about nurture or nature, some sort of a genetic component is widely recognized for these disorders. (DSM-IV-TR).

My personal and professional opinion is that family dynamics affect the development of an eating disorder as much as any other factor. I have no research to prove this assumption. In the years that I have been treating women with ED's, I have found two things to be true; it starts with a diet, and there are family problems. Many times these problems are marital and those involved are typically unaware of their impact. Very few families are purposefully harmful to their children, and this is usually the case with ED families as well.

### What can we do?

If deprivation dieting is a common experience that precipitates the development of the problem, then untying the knot begins with preventing young women from dieting to fit social norms or cope with emotional or family problems.

How do women define their worth in society other than with their looks? By golly, I have been asking myself this for years. Female worth needs to be redefined to include achievement and ability-based sources of value, such as academic success, creative power through the arts, sports, business and financial success.

But when 16-24-year old women look for meaningful sources of value for themselves, they see Victoria Secret models, Playboy playmates, hard-body pop stars, and 40ish actresses who look 20. All of these women are thin, beautiful and appear young. It would be hard not to think that losing weight would be the first step toward this type of social value and worth. We need role models of beautiful, talented, adored women who are healthy not necessarily thin. We need to teach our young people that strict deprivation diets are unhealthy and ultimately cause more problems with eating and weight loss.

### Family Therapy

Families that have health (physical and

mental) provide advantages for their children. No families are perfect, but families can work to deal with their particular problems. Solving familial problems, not avoiding or denying them, is one of the greatest gifts to give children.

### Treatment for the disorder

Women with these disorders are caught in a treatment paradox; they will not be able to change without support and help, yet they ultimately have to do it on their own. The form of help that is needed varies depending on the severity of the problem. Many emaciated anorexics will require inpatient hospitalization for re-feeding followed by outpatient mental health treatment. Most women with ED's can benefit from group therapy. Support groups are invaluable aspects of treatment. These can serve as the place wherein ED people decide to get serious about recovery, and become a place for after care once they have made significant improvements. It is best for all sufferers to work with knowledgeable doctors, therapists, nutritionists, psychiatrists and family therapists.

### How to help a friend

- Tell them you care about their lives and want to help if you can.
- Tell them you think they have a problem with eating.
- Do not give positive or negative feedback about weight loss or gain. Ignore their body size changes.
- Describe the problematic behavior that you see (*I see you binge, disappear after eating, starve yourself, exercise more than is healthy, take laxatives, obsess about your body size, isolate yourself, deny you have a problem, fail in school, seem depressed, etc*)
- Expect denial and minimization of any problem, expect anger or shame.
- Tell them that what they are doing to themselves is unhealthy, and can kill them.

- Ask them to make a call to the college counselor for help.
- Stay with them while they call, even come to the first meeting together.
- Expect that they will not follow through on getting help; giving up the ED is more difficult than you can imagine.
- Do not ignore their problem, but do not focus only on this in your friendship. Have fun together too.
- Continue to tell them that you know there is help available, and that you will go with them if they need the support.
- Never, ever, congratulate them on weight loss, or commiserate with them on weight gain. Just say that it's their eating behavior that is the problem, not their body, and you won't
- Remember that their eating disorder belongs to them, not you. Do not work harder to help them than they are willing to work to help themselves.
- Take care of yourself; it can be exhausting to try to help someone with anorexia or bulimia.

Women who are affected by these problems are cut down in the prime of their lives. At the moment in the life cycle when important choices are being made, these

young women are being forced back into the "kitchen" by their eating disorders. They are then excused from making self-aware choices about their futures and goals. It is a retreat, a stagnation, and avoidance of becoming valuable, adult, and female, which unconsciously, our western culture does not have a healthy template for in the modern world. It may be exactly because there are so few role models for females (except young, beautiful and thin) that women falter at this developmental crossroad.

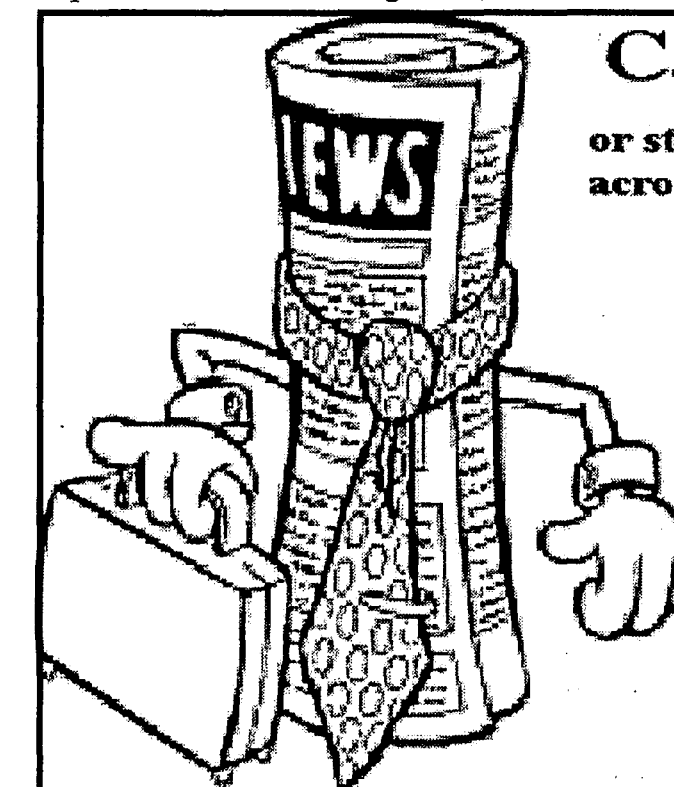
In order to recover, these young women have to pull their worn bodies and tired minds up and out of the hole their in, eat for strength and well being, and venture off into the unknown territory of self-re-definition. Eating disordered women in recovery are among the bravest and most courageous of people; they face the future, often standing alone for unvalued principles, and create themselves as women as they go.

If you or someone you know struggles with anorexia or bulimia, there is help available. Please call Michele Harman at 465-1298 in the counseling office on campus for help finding the right treatment.

A free on-campus support group is forming and slated to begin 1/24/02, from 11:45-1:00. Location will be announced. Please sign up at the Student Resource Center information desk, or call Michele Harman directly.

Call 465-6434

or stop by the Whalesong office  
across from the UAS Book Store



Sign up for  
JOUR 294,  
JOUR 394, or  
JOUR 494 and  
start your  
journalism  
career today!

Your student newspaper needs you!

You can write for your  
student newspaper, get  
published and earn school  
credit.

**\$ Wanted! \$**  
**Need Money?!**

Part-time work with recreation for youngsters who experience developmental disabilities. Set your own schedule, and participate in interesting activities. Requires clean driving record for 3 years, & reliable transportation. Make a difference, work for REACH Respite. Call 586-8228.



## Web sites offer affordable options for traveling, gift giving

By Thelisha A. Woods

Knight Ridder/Tribune News Service

Although it's the season for giving, many college students may be strapped for cash. The following Web sites, offer deals on gifts, flights home and everything else to get through the holiday season.

[travelcity.studentuniverse.com](http://travelcity.studentuniverse.com)

Want to go home but can't afford expensive traveling fees? Travelocity may have a solution. Offering specials on student travel, this site has discounted rates on flights when members create a student account. Simply fill out the membership form with your ".edu" e-mail address. If your school does not provide an e-mail account you can still become a member by sending a copy of your school identification card and either a copy of your class schedule or report card. Once you're a verified member, you have full access to discounts from major airlines [www.essortment.com/in/Holidays.Gifts/](http://www.essortment.com/in/Holidays.Gifts/)

Inexpensive celebrations can be easy with Essortment's list of holiday ideas. If

you do not have much money to spare this season, this site has articles on making gifts, shopping on a budget and wrapping presents. Ideas for unique stocking stuffers and holiday food gifts provide special yet economical ways to enjoy any celebration.

[www.giftideacenter.com/Holidays/Christmas/christmas\\_gifts.htm](http://www.giftideacenter.com/Holidays/Christmas/christmas_gifts.htm)

Searching for creative and unique gift ideas for your loved ones? The Gift Idea Center has several options for inexpensive personalized gifts. Links include ancestry sites to trace your family roots or scrapbook supplies to make your own present. If you are stumped on what to give people on your list, the site includes a "gift catalyst" which is a set of questions to help generate gift ideas.

[www.pricescan.com/](http://www.pricescan.com/)

Use PriceSCAN.com to track down the best bargain on a gift items without traveling all over town. With a listing of thousands of products ranging from electronics to sporting goods, this site

helps users find the cheapest price for many items.

Updated daily, PriceSCAN's database is comprised of publicly available product and pricing information. If you are searching for a store that sells a particular item, PriceSCAN also includes a store directory to make Internet shopping even easier.

[half.ebay.com/promos/giftcenter/index.cfm](http://half.ebay.com/promos/giftcenter/index.cfm)

If you are looking to sell items as well as buy, go online at half.com and begin to bargain. Half.com, part of the online trading/shopping giant eBay, allows users to buy or sell items at half price. With a gifts category offered especially for this season, shoppers can find presents for everyone. Divided into categories by price, person or item, this site makes it easy to search the database of sale items. The site also has a listing of editor's picks, holiday favorites and best sellers. And finally, if users are having too much trouble deciding what to purchase, they also have gift certificates.

Author continued from page 1

told for generations. Of her mother, Wallis says, "She is a beautiful storyteller. She added nuances and personal knowledge. She divorced the stories from herself and gave them a collective imagery that we could understand. People ask me where I heard my stories and I say from my mother."

Calling herself a "reluctant writer," Wallis' new book released just six weeks ago has already sold out and is in its second printing. "I write from my personal experiences, it just so happens that everyone can relate to me in some way," Wallis said about her books being read around the world.

"I had no intention of being a writer. I would have been happy to make a few copies and pass it around Fort Yukon for people to read. Barry, (Wallis' brother) told me I would be a writer, he helped me get *"Two Old Women"* published. After it was published I went back to Fort Yukon and was going to get on with regular life, but Barry said I needed to keep writing. Inspired by his belief in me, I thought of other stories I knew and began with Bird Girl and the Man who followed the Sun," said Wallis.

Although in *"Raising Ourselves"*, Wallis exposes a lot of family secrets that she expected would ban her from the family, there is overwhelming support from the family saying everything is true that she writes.

"I thought they were going to kick me out because of the things I wrote, but like most families, we all have problems," said Wallis. "I want to speak to younger children and show them the roots of dysfunction. Families have dysfunctions and my stories hopefully will get beyond that."

Wallis was surprised at the rate her books sold out for two reasons; the first is that the publishers did not expect the book to do as well as it did, and also because it was more Native-based than the previous releases. After selling like hotcakes it is apparent that the book has no racial lines and it can be relevant to even those in Germany where *"Two Old Women"* is extremely popular.

Wallis spoke to a number of different classes and attended a potluck planned by Woonchee followed by a reading, lecture and book signing that was open to the public to join.

Her books can be bought this coming semester in the UAS bookstore or any book outlet around town.

## Carter accepts Nobel Peace Prize, warns against use of war

By Carol Rosenberg

Knight Ridder Newspapers

MIAMI - Accepting the Nobel Peace Prize on Tuesday, former President Jimmy Carter rejected the concept of "preventive war" but called on Iraq to comply fully with a U.N. resolution designed to head off a war over weapons of mass destruction.

"War may sometimes be a necessary evil," the 39th American president declared, "but no matter how necessary, it is always an evil- never a good. We will not learn how to live together in peace by killing each other's children."

The 78-year-old former chief executive diplomatically avoided explicit criticism of the Bush administration, which has said war in Iraq may be necessary to forestall a larger conflict, but he rejected the principle out of hand.

"For powerful countries to adopt a principle of preventive war may well set an example that can have catastrophic consequences," the president told the Oslo City Hall audience of about 1,000 people that included his wife Rosalynn and their children, as well as Norway's King Harald and Queen Sonja.

Moreover, without specifically mentioning Baghdad or Saddam Hussein, he criticized President Bush's threat to attack Iraq without U.N. support if the White House deems it necessary.

"It is clear that global challenges must be met with an emphasis on peace, in harmony with others, with strong alliances and international consensus," Carter said. "Imperfect as it may be, there is no doubt that this can best be done through the United Nations."

Later, in the same speech, he urged Iraq to "comply fully" with U.N. Security Council resolutions demanding that Baghdad rid itself of weapons of mass destruction. "The world insists that it must be done," he said.

The pomp and solemnity of the gold medal award, accompanied by a \$1 million cash prize, gave Carter a prestigious podium from which to revive a variety of familiar themes involving the search for peace and promotion of human rights, the issues that were the hallmark of his presidency.

He criticized economic embargoes and urged Israel to leave the West Bank and Gaza Strip if it wants to achieve peace.

A former peanut farmer and Navy submarine officer, the Georgia Democrat was elected president in 1976 but lost his bid for a second term to Ronald Reagan, the Republican, in 1980.

In retirement he has run the Carter Center in Atlanta, using it as a launch pad to travel throughout Latin America, often as an elections monitor; mediate international crises, mostly on a freelance basis;

and champion anti-poverty programs.

As president, he ceded U.S. control of the Panama Canal, a move conservatives called a strategic blunder. When the Soviet Union invaded Afghanistan in 1979, his administration armed anti-communist Muslims. A Saudi on the Islamic side was named Osama bin Laden.

As a private citizen, Carter mediated the end of a military coup in Haiti in 1994 to reinstate President Jean-Bertrand Aristide, and ostensibly stabilize that still-troubled Caribbean nation.

Two years later he careened between West Bank polling places to monitor the first - and so far only - Palestinian Authority elections.

"Not all his efforts have been equally successful," said Nobel Committee head Gunnar Berge, awarding the prize. "But, as Carter himself has said . . . 'The worst thing that you can do is not to try.' Few people, if any, have tried harder."

He said Carter "does the opposite of what his countryman Mark Twain once wrote about forgetting where you bury the peace-pipe, but not where the battle-axe is. Carter never mislays the peace-pipe."

Long an opponent of the U.S. economic embargo of Cuba, Carter included his criticisms in the 2,300-word Nobel address, without specifically naming Fidel Castro or Havana.

"We must also strive to correct the injustice of economic sanctions that seek to penalize abusive leaders but all too often inflict punishment on those who are already suffering from the abuse," he said.

### Student and Community Submissions

Student and community submissions are both welcomed and encouraged at The Whalesong. Send them to 11120 Glacier Hwy, Juneau, AK 99801, [jywhale@uas.alaska.edu](mailto:jywhale@uas.alaska.edu), by fax to (907) 465-6399, or bring them to Room 102, Mourant Bldg.